

Time to think about you

Information for carers, families and friends



Are you a carer?

A carer is anyone who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support.

- Do you feel you do not have enough time for yourself?
- Has caring stopped you from doing what you enjoy?
- Has caring made it difficult for you to work or do whatever else you have to do?
- Is your own health affected as a result?

- Do you feel unable to cope?
- Do you feel you are under too much pressure?
- Do you have no one to talk to about your concerns?

- Do you feel low?
- Are you sleeping poorly?
- Are you not eating properly?
- Are you tearful, angry and/or anxious?
- Do you have concerns about your own memory?

IF YOUR ANSWER IS YES TO ANY OF THESE, THIS IS WHAT YOU CAN DO:

Go and see your GP.

Take this card with you to explain your worries, or visit your local carer centre.

Place carer centre information here



Please complete and hand this slip in to your GP surgery

Dear GP,

I am a carer. Please make a record of this in my notes.

The person I am caring for is/is not registered at the surgery.

I have/have not registered at the local carers centre.

Print name: _____

Date of birth: _____/_____/_____